

## CLAIMS

1. A method for securing a nasal mask to a user's head comprising the steps of:

- a) releasably connecting an upper portion of said nasal mask to a brow bar;
- b) securing said brow bar to the user's head with an upper strap;
- c) releasably attaching said lower portion of said nasal mask to the user's head with a lower strap.

2. A method for securing a nasal mask to a user's head, as set forth in claim 1, and wherein said brow bar is secured to the user's head with an elastic upper strap, and said lower portion of said nasal mask is releasably attached to the user's head with an elastic lower strap.

3. A method for securing a nasal mask to a user's head, as set forth in claim 2, and wherein said lower portion of said nasal mask is releasably attached to the user's head by positioning said lower strap in a recess in said mask adjacent a lower portion of said mask.

4. A method for securing a nasal mask to a user's head, as set forth in claim 1, and wherein said brow bar is secured to the user's head prior to releasably connecting said upper portion of said mask to said brow bar.

5. A method for securing a nasal mask to a user's head, as set forth in claim 4, and wherein said brow bar is secured to the user's head with an elastic upper strap, and said lower portion of said nasal mask is releasably attached to the user's head with an elastic lower strap.

6. A method for securing a nasal mask to a user's head, as set forth in claim 5, and wherein said lower portion of said nasal mask is releasably attached to the user's head by positioning said lower strap in a recess in said mask adjacent a lower portion of said mask.

7. A method for securing a nasal mask to a user's head, as set forth in claim 1, and wherein said brow bar is secured to the user's head after releasably connecting said upper portion of said mask to said brow bar.

8. A method for securing a nasal mask to a user's head, as set forth in claim 7, and wherein said brow bar is secured to the user's head with an elastic upper strap, and said lower portion of said nasal mask is releasably attached to the user's head with an elastic lower strap.

9. A method for securing a nasal mask to a user's head, as set forth in claim 8, and wherein said lower portion of said nasal mask is releasably attached to the user's head by positioning said lower strap in a recess in said mask adjacent a lower portion of said mask.

10. A method for securing and for temporarily removing a nasal mask from a user's head comprising the steps of:

- a) providing said nasal mask with an upper portion releasably connected to a brow bar which is secured to the user's forehead with an upper strap;
- b) releasably attaching said lower portion of said nasal mask to the user's head with a lower strap; and
- c) temporarily removing said mask by detaching said lower strap from said nasal mask and disconnecting said upper portion of said mask from said brow bar while leaving said brow bar secured to the user's forehead.

11. A method for securing and for temporarily removing a nasal mask from a user's head, as set forth in claim 10, and wherein said upper portion of said nasal mask is detachably connected to said brow bar prior to securing said brow bar to the user's forehead.

12. A method for securing and for temporarily removing a nasal mask from a user's head, as set forth in claim 10, and wherein said upper portion of said nasal mask is detachably connected to said brow bar after securing said brow bar to the user's forehead.

13. A method for securing and for temporarily removing a nasal mask from a user's head, as set forth in claim 10, wherein said lower portion of said nasal mask is releasably attached to the user's head by positioning an elastic lower strap which extends around the user's head in a recess in said lower portion of said mask.

14. A method for securing to a user's head a nasal mask having an upper portion and a lower portion comprising the steps of:

- a) attaching a brow bar to headgear;
- b) attaching said headgear to a user's head with said brow bar positioned on the users forehead, said headgear having an upper strap which extends from said brow bar around the user's head and having an elastic lower strap which extends around the user's head;
- c) attaching said upper portion of said nasal mask to said brow bar; and
- d) attaching said lower strap to said lower portion of said nasal mask.

15. A method for securing a nasal mask to a user's head, as set forth in claim 14, and wherein said upper portion of said nasal mask is attached to said brow bar prior to attaching said headgear to the user's head.

16. A method for securing a nasal mask to a user's head, as set forth in claim 15, and wherein said lower strap is attached to said lower portion of said nasal mask by placing said lower strap in a recess in said lower portion of said nasal mask.

17. A method for securing a nasal mask to a user's head, as set forth in claim 14, and wherein said upper portion of said nasal mask is attached to said brow bar after attaching said headgear to the user's head.

18. A method for securing a nasal mask to a user's head, as set forth in claim 17, and wherein said lower strap is attached to said lower portion of said nasal mask by placing said lower strap in a recess in said lower portion of said nasal mask.